

FOR MORE INFORMATION

**Washington State Department of Social
and Health Services – Division of
Behavioral Health and Recovery**

Problem Gambling Program

360-725-3700

www.dshs.wa.gov/dbhr/gambling.shtml

Evergreen Council on Problem Gambling

360-352-6133

www.evergreencpg.org

National Council on Problem Gambling

www.ncpgambling.org

Gamblers Anonymous

www.gamblersanonymous.org

Gam Anon

www.gam-anon.org

PROBLEM GAMBLING AFFECTS EVERYONE



**“I DIDN’T THINK
I COULD GET ADDICTED
TO GAMBLING — I
THOUGHT
I WOULD RECOGNIZE
THE SIGNS”**

– a 38-year old Helpline caller



Washington State
Department of Social
& Health Services

BHSIA Behavioral Health and
Service Integration Administration

**WASHINGTON STATE
PROBLEM GAMBLING HELPLINE**

1-800-547-6133

QUESTIONS TO ASK YOURSELF TO SEE IF YOU MIGHT NEED HELP:

- ☐ Am I spending more time and more money on gambling?
- ☐ Am I spending a lot of time thinking about gambling?
- ☐ Have I tried to cut back or stop, but can't?
- ☐ Am I irritable or restless when I can't gamble?
- ☐ Does gambling help me escape the troubles of life and make me feel better?
- ☐ Have I gone back another day to win back my losses?
- ☐ Have I lied to people I care about to hide my gambling?
- ☐ Have I taken money that wasn't mine, written bad checks because of my gambling, or broken other laws?
- ☐ Have I neglected my family or job because of gambling?
- ☐ Have I borrowed money from others to pay bills?

HELP IS AVAILABLE.

If you answered "yes" to any of these questions, you can find the treatment program near you by calling:

1-800-547-6133

**The call is free. It's confidential.
The time is now.**

**WHEN GAMBLING CAUSES PROBLEMS
WITH YOUR HEALTH, YOUR RELATIONSHIPS,
YOUR JOB AND YOUR LIFE...**

IT'S TIME TO MAKE A CALL.

More than 75,000 Washington State residents have a gambling problem. For each gambler, several other lives are affected.

Problem gambling does not discriminate – it can happen to anyone.

**For help. For answers. For you
or someone you know, call us.**

**Washington State
Problem Gambling Helpline**

1-800-547-6133

**Calling this number
could be your best bet ever.**



**"MY HUSBAND HAS GAMBLLED AWAY
ALL OF OUR
RETIREMENT SAVINGS"**

– a Helpline caller